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*Community School
Lunch Program*

Menus AND
Recipes

WAR FOOD ADMINISTRATION.
Office of Distribution
Southwest Region

The War Food Administration through the Office of Distribution has two responsibilities which relate to the Community School Lunch Program. One of these is to see that during the war period when certain food shortages are inevitable that children, as a part of the civilian population, are protected; the other is to relate the feeding programs conducted in schools to recurring agricultural and food problems. These responsibilities and these interests have resulted in:

1. a reimbursable program to schools which allows them to serve an adequate lunch to children - thus providing protection when, under the stress of war, their diets would tend to be neglected;
2. a fixed market for farmers and producers, both locally and nationally;
3. the provision to School Lunch Programs of those commodities which in protection to the farmer must be purchased under our price support program; and
4. an interest in the development of canning projects which will aid in adequately protecting the diets of children and which will also allow the schools to make good use of commodities directly distributed to them.

The investment in the School Lunch Program carries with it the further responsibility for seeing to it, insofar as possible, that the School Lunch Programs do actually meet the food needs of the children which they serve. It is in recognition of this responsibility that this compilation of menus and recipes is issued for the Southwest Region. Its constant use is recommended. The menus and the recipes have come out of this Region and their practicability is assured.

Acknowledgment is hereby made to the State and Area School Lunch Representatives of the Offices of Distribution in Arkansas, Louisiana, Oklahoma, and Texas, to the Office of Distribution in Kansas, to the State Nutrition Committees in Colorado and New Mexico, and to the Board of Public Welfare in Oklahoma for their contributions of menus and recipes which make this compilation possible by the Civilian Food Requirements Division of the Southwest Regional Office.

WAR FOOD ADMINISTRATION
Office of Distribution
Southwest Region

Dallas, Texas
March 15, 1944

TYPE A SCHOOL LUNCH MENUS AND RECIPES

The menus given in this bulletin are planned as a guide for school lunch-room supervisors of schools cooperating with the Office of Distribution, War Food Administration. The Type A, or complete lunch is to provide $\frac{1}{3}$ to $\frac{1}{2}$ of the day's nutritive requirements for the child. The amounts of the various foods needed are based on the typical needs of children 10 to 12 years of age, but with adjustments for energy requirements, these menus are suitable for children of other ages. Adjust to the needs of younger children by decreasing the amount of bread, ^{1/} or to older children by increasing the bread or other cereal products. ^{1/}

Each menu has been planned according to the specific nutrients recommended daily and does contain the specified amounts of each nutrient. ^{2/} Great care should be taken in food storage, food preparation and food service to preserve the nutrients. For instance, the minerals and B vitamins are soluble in water, therefore, food should not be allowed to stand in water or cooked in excessive amounts.

These are various menu patterns that might be followed in serving Type A lunches. The general plan followed in making these menus is to have a meat or meat alternate with one or more vegetables supplemented by a raw fruit or vegetable and served with milk, bread and butter or fortified margarine. Desserts were added when necessary to provide more food, particularly calories. It has been found that diets of school children whether they come from low or high income groups, usually contain too many starchy foods and not enough of the protective foods, namely milk, eggs, meats, green and yellow vegetables, and fresh fruits. These protective foods have been emphasized in the menus since the noon meal in many instances, is the most important meal that many children receive.

The foods used in these menus are some of the most commonly used foods in the Southwest Region, as well as foods that children will enjoy. Due to the usual ample supply of potatoes and cabbage, and to their recognized source of Vitamin C, these vegetables have been especially emphasized.

The menus can be served within the rationed food allowances. Whenever possible, it is desirable to use fresh vegetables in preference to the canned. The fresh are usually higher in mineral and vitamin content and do not require ration points.

^{1/} See "Menu Planning Guide for School Lunches Based on FDA Requirements for Type A and Type B Lunches", NFC-10, War Food Administration, Food Distribution Administration, Washington, D. C., September, 1943, Page 1.

^{2/} The allowances have been calculated from the recommended daily allowances for specific nutrients suggested by the Committee on Foods and Nutrition of the National Research Council in May 1941. The menus contain $\frac{1}{3}$ to $\frac{1}{2}$ of the daily requirements which are: 833-1250 Calories; 23.4-35 grams of Protein; .4-.6 grams of Calcium; 4-6 mgs. of Iron; 1500-2250 I. U. of Vitamin A; .4-.6 mgs. Thiamin (B₁); 25-38 mgs. Ascorbic Acid; and .6-.9 mgs. Riboflavin.

PLANNING MENUS WITHIN RATION FOOD ALLOWANCES

It is imperative that menus be planned on the weekly basis in order to serve rationed foods that will be within the allotted amount for the school. If less points are used in a week than are allowed, these may be used in another week.

The following table is a simple method that may be used in computing the ration points allowed for the children in school serving Type A lunches:

TYPE A LUNCH

ALLOWANCE FOR:	Product	NUMBER OF CHILDREN			
		1	12	25	50
1 Day	Sugar	.03 #	.36 #	.75 #	1.50 #
	Processed Food	.60	7.20	15.00	30.00
	Meat	.93	11.26	23.25	46.50
1 Week	Sugar	.15 #	1.80 #	3.75 #	7.50 #
	Processed Food	3.00	36.00	75.00	150.00
	Meat	4.65	55.80	116.25	232.50
1 Month	Sugar	.60 #	7.20 #	15.00 #	30.00 #
	Processed Food	12.00	144.00	300.00	600.00
	Meat	18.60	223.20	465.00	930.00

Very few schools, no doubt, will be serving only 12, 25, or 50 children. It is easy to determine the ration allotments by multiplying the amount allotted each child by the number being served; on daily, weekly, or monthly basis. The rationed foods needed for the weeks menu are listed in amount and number of points required on the back of the weeks menu. ¹

¹According to the point values for rationed foods issued by Office of Price Administration for March 1944.

FIRST WEEKS MENU

TYPE A LUNCH SHALL INCLUDE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AT LEAST 1/2 PINT OF FRESH MILK	MILK	MILK	MILK	MILK	MILK
2 OUNCES OF MEAT OR FISH OR 1 EGG, OR 2 OUNCES OF CHEESE, OR 1/2 CUP (COOKED MEASURE) DRY PEAS, BEANS, OR SOYBEANS, OR 4 TABLESPOONS PEANUT BUTTER	BRAISED PORK LIVER	NAVY BEANS BAKED WITH SALT PORK AND MOLASSES	SCALLOPED EGGS ^{/3}	PEANUT BURGERS WITH TOMATO SAUCE	MACARONI AND CHEESE ^{/5}
1 CUP OF VEGETABLES OR FRUIT OR 1/2 CUP OF EACH	MASHED POTATOES ^{/1} GREEN BEANS	BAKED POTATOES ^{/2} CARROT AND RAISIN SALAD	TURNIP GREENS POTATO SALAD	BAKED SWEET POTATOES ^{/4} GRAPEFRUIT SALAD	SNAP BEANS GREEN SALAD
1 OR MORE SLICES OF BREAD OR MUFFINS OR OTHER HOT BREAD MADE OF WHOLE GRAIN OR ENRICHED FLOUR OR CEREAL	WHOLE WHEAT MUFFINS	CORN MUFFINS	CORN STICKS	WHOLE WHEAT MUFFINS	ENRICHED BREAD
2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE
DESSERT	CAKE	BAKED APPLE SEASONED WITH HONEY	APPLE	BAKED CUSTARD	LEMON OATMEAL COOKIES

- /1. VITAMIN C LOSSES INCREASE WITH THE LENGTH OF TIME AFTER POTATOES ARE PREPARED AND BEFORE SERVING.
- /2. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED ON POTATO.
- /3. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN SCALLOPED EGGS.
- /4. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN BAKED POTATO.
- /5. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN MACARONI AND CHEESE.

RATIONED FOODS TOGETHER WITH THE NUMBER OF POINTS REQUIRED, AS OF MARCH 5, 1944, FOR 12, 25, AND 50 SERVINGS ARE LISTED ON THE BACK OF THIS PAGE.

RATION ALLOWANCES

DAY	RATIONED FOODS:			12 SERVINGS		25 SERVINGS		50 SERVINGS	
	PROCESSED	MEAT	SUGAR	AMT.	NO.	AMT.	NO.	AMT.	NO.
	FOODS								
					POINTS		POINTS		POINTS
MONDAY		LIVER.....		2 LBS.	4	3 1/4 LBS.	7	6 1/4 LBS.	13
		SHORTENING...		3/8 LB.	2	14 OZ.	4	1 5/8 LBS.	8
		FORTIFIED MARGARINE...		6 OZ.	2	12 OZ.	4	1 1/2 LBS.	9
		SUGAR.		7 OZ.		14 OZ.		1 5/8 LBS.	
TUESDAY	NAVY BEANS.....			1 LB.	2	2 LBS.	4	4 LBS.	8
		SALT PORK....		1/2 LB.	1	2 LBS.	4	4 LBS.	8
		SHORTENING...		2 OZ.	1	4 OZ.	1	8 OZ.	3
		FORTIFIED MARGARINE...		4 OZ.	1	8 OZ.	3	1 LB.	6
	TOMATO PUREE.....			4 OZ.	1	8 OZ.	1	1 LB.	4
		SUGAR.		3/4 OZ.		4 OZ.		8 OZ.	
WEDNESDAY		SHORTENING...		1/4 LB.	1	1/2 LB.	3	1 LB.	5
		BACON.....		3 OZ.	1	6 OZ.	1	12 OZ.	1
		FORTIFIED MARGARINE...		1 1/2 OZ.	1	4 OZ.	2	1/2 LB.	3
		SUGAR.		1 OZ.		3 OZ.		6 OZ.	
THURSDAY	TOMATO PUREE.....			1 LB.	4	2 LBS.	9	4 LBS.	16
		SHORTENING...		2 OZ.	1	4 OZ.	1	8 OZ.	3
		FORTIFIED MARGARINE...		7 OZ.	3	12 OZ.	4	1 3/4 LBS.	9
		SUGAR.		9 1/2 OZ.		1 LB. 3 OZ.		2 LBS. 6 OZ.	
FRIDAY		CHEESE.....		1 1/2 LBS.	18	3 LBS.	36	6 LBS.	72
		BACON.....		1/4 LB.	1	1/2 LB.	1	1 LB.	1
		SALAD OIL....		6 OZ.	2	12 OZ.	3	1 1/2 LBS.	7
		FORTIFIED MARGARINE...		7 OZ.	2	14 OZ.	5	1 3/4 LBS.	10

TOTAL RATION POINTS USED: *

PROCESSED FOODS.....	7	13	28
MEAT.....	41	79	158
SUGAR.....	1 LB. 3 OZ.	2 1/2 LBS.	4 7/8 LBS.

* THESE AMOUNTS CALCULATED ACCORDING TO THE OPA RATION PROGRAM OF MARCH 5, 1944.

SECOND WEEKS MENU

TYPE A LUNCH SHALL INCLUDE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AT LEAST 1/2 PINT OF FRESH MILK	MILK	MILK	MILK	MILK	MILK
2 OUNCES OF MEAT OR FISH OR 1 EGG, OR 2 OUNCES OF CHEESE, OR 1/2 CUP (COOKED MEASURE) DRY PEAS, BEANS, OR SOYBEANS, OR 4 TABLESPOONS PEANUT BUTTER	HOT TAMALES PIE ^{/1}	BOILED RED KIDNEY BEANS	CHICKEN PIE ^{/3}	SPARERIBS AND SAUERKRAUT	SLICED TONGUE ON TURNIP GREENS
1 CUP OF VEGETABLES OR FRUIT OR 1/2 CUP OF EACH	COLE SLAW	BAKED POTATO ^{/2} CABBAGE AND APPLE SALAD	MIXED GREEN SALAD	CANDIED SWEET POTATOES CARROT AND APPLE SALAD	SCALLOPED POTATOES STUFFED EGGS
1 OR MORE SLICES OF BREAD OR MUFFINS OR OTHER HOT BREAD MADE OF WHOLE GRAIN OR ENRICHED FLOUR OR CEREAL	WHOLE WHEAT MUFFINS	CORN BREAD	WHOLE WHEAT MUFFINS	RAISIN WHOLE WHEAT MUFFINS	CORN MUFFINS
2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	2 TEASPOONS BUTTER OR FORTIFIED MARGARINE
DESSERT	ORANGE	COCOANUT CUSTARD PIE	PRUNE BROWN BETTY	GRAPEFRUIT AND ORANGE CUP	APPLE

/1. 1 CUP SERVING.

/2. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED ON BAKED POTATO.

/3. IF CHICKEN AND DUMPLINGS ARE SUBSTITUTED, BE SURE TO ADD ANOTHER VEGETABLE.

RATIONED FOODS TOGETHER WITH THE NUMBER OF POINTS REQUIRED, AS OF MARCH 5, 1944 FOR 12, 25, AND 50 SERVINGS ARE LISTED ON THE BACK OF THIS PAGE.

RATION ALLOWANCES

DAY	RATIONED FOODS: PROCESSED MEAT SUGAR FOODS	12 SERVINGS		25 SERVINGS		50 SERVINGS	
		AMT.	NO.	AMT.	NO.	AMT.	NO.
		POINTS		POINTS		POINTS	
MONDAY	TOMATOES.....	1 1/3 LBS.	5	1 1/2 QTS.	9	3 QTS.	18
	GROUND BEEF...	2 LBS.	12	4 LBS.	24	8 LBS.	48
	SHORTENING...	3 1/2 OZ.	1	7 OZ.	2	14 OZ.	4
	FORTIFIED MARGARINE...	4 OZ.	2	8 OZ.	3	1 LB.	6
	SUGAR...	1 OZ.		2 OZ.		4 OZ.	
TUESDAY	SHORTENING...	10 OZ.	3	12 OZ.	4	1 1/2 LBS.	8
	BACON.....	1 LB.	1	2 LBS.	2	4 LBS.	4
	FORTIFIED MARGARINE...	4 1/2 OZ.	3	9 OZ.	3	1 1/8 LBS.	7
	DRY BEANS.....	1 LB.	2	2 LBS.	4	4 LBS.	8
	SUGAR...	8 1/2 OZ.		1 LB. 3 OZ.		2 LBS. 5 OZ.	
WEDNESDAY	SHORTENING...	3 OZ.	1	6 OZ.	2	12 OZ.	4
	FORTIFIED MARGARINE...	9 OZ.	4	1 LB. 1 OZ.	7	2 1/8 LBS.	13
	SUGAR...	6 OZ.		11 OZ.		1 LB. 5 OZ.	
THURSDAY	SPARKERIES....	4 LBS.	4	8 LBS.	8	16 LBS.	16
	SHORTENING...	2 OZ.	1	4 OZ.	1	8 OZ.	3
	SUGAR...	14 OZ.		3 1/4 LBS.		3 1/4 LBS.	
FRIDAY	TONGUE.....	4 LBS.	8	8 LBS.	16	16 LBS.	32
	FORTIFIED MARGARINE...	8 OZ.	3	1 1/8 LBS.	7	2 1/4 LBS.	14
	SUGAR...	1 OZ.		2 OZ.		4 OZ.	

TOTAL RATION POINTS USED:*

PROCESSED FOOD.....	7	13	26
MEAT.....	43	79	159
SUGAR	2 LBS.	3 LBS. 14 OZ.	7 1/3 LBS.

*THESE AMOUNTS CALCULATED ACCORDING TO THE OPA RATION PROGRAM AS OF MARCH 5, 1944.

**THE SUGAR USED IS GREATER THAN THE ALLOWANCE FOR THE ABOVE WEEK. CONSIDERING THE RATION PERIOD ON A 4-WEEKS BASIS, NOTE THE OTHER THREE WEEKS MENUS REQUIRE SMALLER AMOUNTS THAN THE WEEKLY ALLOTMENT, THEREFORE, AS AN AVERAGE, THE ALLOTMENT IS NOT EXCEEDED.

THIRD WEEKS MENU

TYPE A LUNCH SHALL INCLUDE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AT LEAST 1/2 PINT OF FRESH MILK	MILK	MILK	MILK	MILK	MILK
2 OUNCES OF MEAT OR FISH OR 1 EGG, OR 2 OUNCES OF CHEESE, OR 1/2 CUP (COOKED MEASURE) DRY PEAS, BEANS, OR SOYBEANS, OR 4 TABLESPOONS PEANUT BUTTER	MEAT BALLS AND SPAGHETTI	BAKED LIMA BEANS	CHICKEN AND RICE CASSEROLE	EGGS BAKED IN MASHED POTATO NESTS ^{/5}	SCALLOPED SALMON AND PEAS
1 CUP OF VEGETABLES OR FRUIT OR 1/2 CUP OF EACH	CREAMED POTATOES ^{/1} CARROT STRIPS	MASHED POTATOES ^{/3} COLE SLAW	BUTTERED CARROTS ^{/4} GREEN SPINACH SALAD	GREEN FRESH BEANS ORANGE AND GRAPEFRUIT SALAD	STEAMED RICE CONGEALED VEGETABLE SALAD
1 OR MORE SLICES OF BREAD OR MUFFINS OR OTHER HOT BREAD MADE OF WHOLE GRAIN OR ENRICHED FLOUR OR CEREAL	CORN MUFFINS	ROLLED OAT MUFFINS	WHOLE WHEAT MUFFINS	SALLY LUNN	WHOLE WHEAT BREAD
2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 1/2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 1/2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE
DESSERT	^{/2}	PRUNE RICE CUSTARD	APPLE	FRESH FRUIT COBBLER	CHOCOLATE PUDDING ^{/6}

^{/1.} 1/2 TEASPOON OF BUTTER OR FORTIFIED MARGARINE IS USED IN CREAMED POTATOES.

^{/2.} DESSERT NOT NECESSARY TO MEET MENUS REQUIREMENTS.

^{/3.} 1 TEASPOON BUTTER OR FORTIFIED MARGARINE IS USED IN MASHED POTATOES.

^{/4.} 1/2 TEASPOON BUTTER OR FORTIFIED MARGARINE IS USED ON BUTTERED CARROTS.

^{/5.} 1 TEASPOON BUTTER OR FORTIFIED MARGARINE IS USED IN MASHED POTATOES.

^{/6.} 1 TEASPOON BUTTER OR FORTIFIED MARGARINE IS USED IN SAUCE AND CHOCOLATE PUDDING.

RATIONED FOODS TOGETHER WITH THE NUMBER OF POINTS REQUIRED, AS OF MARCH 5, 1944, FOR 12, 25, AND 50 SERVINGS ARE LISTED ON THE BACK OF THIS PAGE.

RATION ALLOWANCES

DAY	RATIONED FOODS: PROCESSED MEAT SUGAR FOODS	12 SERVINGS		25 SERVINGS		50 SERVINGS	
		AMT.	NO.	AMT.	NO.	AMT.	NO.
		POINTS		POINTS		POINTS	
MONDAY	GROUND MEAT...	2 LBS.	12	3 LBS.	18	6 LBS.	36
	SHORTENING...	2 OZ.	1	4 OZ.	3	8 OZ.	3
	FORTIFIED MARGARINE...	5 OZ.	2	10 OZ.	4	1 1/4 LBS.	7
	SUGAR...	1 OZ.		2 OZ.		4 OZ.	
TUESDAY	BEANS, DRIED.....	1 LB.	2	2 LBS.	4	4 LBS.	8
	TOMATOES.....	6 OZ.	2	11 OZ.	4	1 1/3 LBS.	5
	SHORTENING...	2 OZ.	1	4 OZ.	1	8 OZ.	3
	FORTIFIED MARGARINE...	4 OZ.	2	8 OZ.	3	1 LB.	6
	SUGAR...	8 OZ.		1 LB.		1 3/4 LBS.	
WEDNESDAY	SHORTENING...	2 OZ.	1	4 OZ.	2	8 OZ.	3
	FORTIFIED MARGARINE...	1/4 LB.	2	1/2 LB.	3	1 LB.	6
	SUGAR...	2 OZ.		4 OZ.		6 OZ.	
THURSDAY	SHORTENING...	4 OZ.	1	8 OZ.	3	1 LB.	5
	FORTIFIED MARGARINE...	6 OZ.	2	9 OZ.	4	1 1/3 LBS.	8
	SUGAR...	3 OZ.		6 OZ.		12 OZ.	
FRIDAY	PEAS.....	11 OZ.	1	1 1/3 LBS.	3	2 2/3 LBS.	5
	SALMON.....	1 LB.	12	2 LBS.	24	4 LBS.	48
	SHORTENING...	2 OZ.	1	4 OZ.	2	8 OZ.	3
	FORTIFIED MARGARINE...	4 OZ.	2	8 OZ.	3	1 LB.	6
	SUGAR...	9 OZ.		1 1/8 LBS.		2 1/4 LBS.	

TOTAL RATION POINTS USED:*

PROCESSED FOODS.....	5	11	18
MEAT.....	41	79	158
SUGAR.....	1 LB. 7 OZ.	2 LBS. 14 OZ.	5 LBS. 5 OZ.

* THESE AMOUNTS CALCULATED ACCORDING TO THE OPA RATION PROGRAM AS OF MARCH 5, 1944.

FOURTH WEEKS MENU

-6-

TYPE A LUNCH SHALL INCLUDE:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AT LEAST 1/2 PINT OF FRESH MILK	MILK	MILK	MILK	MILK	MILK
2 OUNCES OF MEAT OR FISH OR 1 EGG, OR 2 OUNCES OF CHEESE, OR 1/2 CUP (COOKED MEASURE) DRY PEAS, BEANS, OR SOYBEANS, OR 4 TABLESPOONS PEANUT BUTTER	PORK CHOPS WITH MILK GRAVY	COWPUNCHER BEANS	SCALLOPED CHICKEN AND VEGETABLES	CREOLE SPAGHETTI	FISH LOAF
1 CUP OF VEGETABLES OR FRUIT OR 1/2 CUP OF EACH	MASHED POTATOES ^{/1} APPLESAUCE	FRESH SPINACH WITH CHIPPED BACON AND EGGS. BAKED STUFFED POTATOES ^{/2}	COLE SLAW	SEASONED GREEN BEANS MIXED GREEN SALAD	CABBAGE WITH CHEESE SAUCE ^{/5} HOT POTATO SALAD
1 OR MORE SLICES OF BREAD OR MUFFINS OR OTHER HOT BREAD MADE OF WHOLE GRAIN OR ENRICHED FLOUR OR CEREAL	WHOLE WHEAT MUFFINS	SOUTHERN SPOON CORNBREAD	ORANGE MUFFINS ^{/4}	CORN MUFFINS	WHOLE WHEAT DROP BISCUITS
2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	1 TEASPOON BUTTER OR FORTIFIED MARGARINE	2 TEASPOONS BUTTER OR FORTIFIED MARGARINE	1 1/2 TEASPOONS BUTTER OR FORTIFIED MARGARINE
DESSERT	ORANGE	^{/3}	STEWED PRUNES	FRUIT SNACKS	FRESH FRUIT

- ^{/1}. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN MASHED POTATOES.
^{/2}. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN STUFFED POTATOES.
^{/3}. DESSERT NOT NECESSARY TO MEET FOOD REQUIREMENTS.
^{/4}. 1 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN ORANGE MUFFINS.
^{/5}. 1/2 TEASPOON BUTTER OR FORTIFIED MARGARINE USED IN CHEESE SAUCE.

RATIONED FOODS TOGETHER WITH THE NUMBER OF POINTS REQUIRED, AS OF MARCH 5, 1944, FOR 12, 25, AND 50 SERVINGS ARE LISTED ON THE BACK OF THIS PAGE.

RATION ALLOWANCES

DAY	RATIONED FOODS: PROCESSED MEAT SUGAR FOODS	12 SERVINGS		25 SERVINGS		50 SERVINGS	
		AMT.	NO.	AMT.	NO.	AMT.	NO.
		POINTS		POINTS		POINTS	
MONDAY	PORK CHOPS...	2 1/2 LBS.	14	5 LBS.	30	10 LBS.	60
	SHORTENING...	10 OZ.	4	1 1/4 LBS.	5	2 1/2 LBS.	13
	FORTIFIED MARGARINE...	4 OZ.	2	8 OZ.	3	1 LB.	6
	SUGAR.	14 OZ.		1 LB. 6 OZ.		2 LBS. 12 OZ.	
TUESDAY	DRY BEANS.....	1 LB.	2	2 LBS.	4	4 LBS.	8
	TOMATOES.....	3/4 LB.	4	1 1/2 LBS.	8	3 LBS.	16
	BACON.....	1/2 LB.	1	1 LB.	1	2 LBS.	2
	FORTIFIED MARGARINE...	8 OZ.	3	1 LB.	6	2 LBS.	12
WEDNESDAY	PEAS.....	2 LBS.	4	4 LBS.	8	8 LBS.	16
	SHORTENING...	6 OZ.	2	12 OZ.	4	1 1/2 LBS.	8
	FORTIFIED MARGARINE...	6 OZ.	2	12 OZ.	5	1 1/2 LBS.	9
	SUGAR.	12 OZ.		1 LB.		1 1/2 LBS.	
THURSDAY	TOMATOES.....	1 1/4 LBS.	5	2 1/2 LBS.	10	5 LBS.	20
	GROUND MEAT..	1 LB.	6	2 LBS.	12	4 LBS.	24
	BACON.....	4 OZ.	1	8 OZ.	1	1 LB.	1
	CHEESE.....	1/4 LB.	3	1/2 LB.	6	1 LB.	12
	FORTIFIED MARGARINE...	5 OZ.	2	10 OZ.	4	1 LB. 4 OZ.	8
	SHORTENING...	1 LB. 2 OZ.	6	2 1/4 LBS.	11	4 1/2 LBS.	23
	SUGAR.	9 OZ.		1 LB. 3 OZ.		2 LBS. 6 OZ.	
FRIDAY	CHEESE.....	1/2 LB.	6	1 LB.	12	2 LBS.	24
	BACON.....	1/2 LB.	1	1 LB.	1	2 LBS.	2
	SHORTENING...	3 OZ.	1	6 OZ.	2	12 OZ.	4
	FORTIFIED MARGARINE...	6 OZ.	2	12 OZ.	4	1 1/2 LBS.	9

TOTAL RATION POINTS USED:*

PROCESSED FOODS.....	15	30	60
MEAT.....	56	106	217
SUGAR.....	2 LBS. 3 OZ.	3 LBS. 9 OZ.	6 LBS. 10 OZ.

*THESE AMOUNTS CALCULATED ACCORDING TO THE OPA RATION PROGRAM AS OF MARCH 5, 1944.

CONSERVING FOOD

Food Waste is serious at any time but tragic in such times as these when every morsel of food should be used wisely.

As nearly as possible, prepare only the amount that will be used. If there are left-overs, plan to incorporate them in other meals immediately, of course storing properly so there will be no food spoilage.

Plan menus by the week. Use foods that are in seasonal abundance to get the best values.

To avoid waste in preparation of foods:

1. Cook vegetables in skins whenever possible.
2. Use small amounts of water to preserve nutrients - but avoid burning.
3. Save outer leaves of certain vegetables for stews and soups.
4. Try new recipes for plentiful or surplus foods.
5. Season less popular foods in a more appetizing way.
6. Use cooking methods that preserve nutrient values.

To get maximum food value from left-overs:

1. Save bread crumbs for use in creamed dishes, puddings, etc.
2. Use vegetable water in soups, sauces, vegetable drinks.
3. Bake left-over vegetables in a cream sauce.
4. Combine bits of vegetables in meat patties.
5. Use left-overs promptly.
6. Wait until food has thoroughly cooled before covering or wrapping it in wax paper.

TOO LARGE SERVINGS ENCOURAGE

PLATE WASTE!

M I L K

Milk is the most valuable food for growing children.

Some areas may be experiencing milk shortages. If so, evaporated milk may be used interchangeably for fresh whole milk when combined with an equal amount of water.

Evaporated milk, as purchased, is safe and economical and will be a safe milk to drink, giving about the same food value as fresh whole milk when combined with an equal amount of water. (It will then be as safe as the water added.) If there is some objection to the flavor of evaporated milk, combining it with other flavors may make it acceptable as a beverage. Cocoa is probably one of the most popular methods of serving it, but should not be used too frequently as it may destroy the child's appetite for plain milk.

Some suggestions using evaporated milk as a beverage are: (Each recipe will provide 12 servings.)

SPICED MILK

Evaporated Milk	1 1/2 quarts	Soak spices in the 1/2 cup of water overnight. Strain and add salt, the 1 1/2 quarts of water and the milk. 1/2 cup of sugar may be used if desired.
Water	1 1/2 quarts	
Cinnamon	1/2 teaspoon	
Nutmeg	1/16 teaspoon	
Water	1/2 cup	
Salt	1/16 teaspoon	

BANANA MILK SHAKE

Bananas	6	Force bananas through a sieve, or mash. Add other ingredients and mix well.
Evaporated Milk	1 quart	
Water	1 1/2 quart	
Salt	1/16 teaspoon	

FRUIT MILK SHAKE

Evaporated Milk	1 1/2 pints	Milk, water and fruit juice should be cold. Mix milk, water and fruit juice. A little sugar may be needed if juice is too sour.
Water	1 1/2 pints	
Prune, grape or berry juice	1 1/2 quarts	

TOMATO MILK SHAKE

Evaporated Milk	2 pints	Milk, water and tomato juice should be cold. Mix milk and water. Stir in the tomato juice and salt.
Water	2 pints	
Tomato Juice	2 pints	
Salt	1/2 teaspoon	

MOLASSES MILK DRINK

Evaporated Milk	5 3/4 cups	Milk and water should be cold. Mix together and stir in the molasses. A dash of nutmeg may be sprinkled on each serving if desired.
Water	5 3/4 cups	
Molasses	1/3 - 1/2 cup	

B R E A D S

BISCUIT DOUGH FOR CHICKEN PIE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Flour, white enriched	3/4 cup	1 1/4 cups	2 1/2 cups
Flour, whole wheat	3/4 cup	1 1/4 cups	2 1/2 cups
Vegetable shortening	2 tablespoons	4 tablespoons	1/2 cup
Salt	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon
Baking Powder	2 teaspoons	1 1/4 tablespoons	2 1/2 tablespoons
Milk	1/2 cup	1 cup	1 pint

Method

1. Sift the flour, baking powder, and salt together.
2. Blend with the fat until thoroughly mixed.
3. Add the milk and make a soft dough.
4. Roll 1/2 inch thick and cut.

CORN BREAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Cornmeal, yellow	3 cups	1 1/2 quarts	3 quarts
Flour	1 cup	2 cups	1 quart
Sugar	2 teaspoons	1/4 cup	1/2 cup
Salt	1 1/2 teaspoons	1 tablespoon	2 tablespoons
Baking powder	1 1/2 tablespoons	3 tablespoons	6 tablespoons
Milk	3 cups	6 cups	3 pints
Eggs, beaten	2	4	8
Fat, melted	1/4 cup	1/2 cup	1 cup

Method

1. Mix dry ingredients thoroughly.
2. Add fat, milk, and eggs to dry ingredients, mix lightly. Do not beat.
3. Drop into well-oiled pans and bake in hot oven (425° F.) for 20 - 25 minutes.

ALWAYS USE YELLOW CORNMEAL,

IT HAS MORE VITAMIN A!

SOUTHERN SPOON CORNBREAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Cornmeal, yellow	3 cups	1 1/2 quarts	3 quarts
Water, boiling	3 1/4 cups	6 1/2 cups	3 quarts & 1 cup
Butter, melted	2 1/4 tablespoons	4 1/2 tablespoons	9 tablespoons
Salt	2 1/4 teaspoons	1 1/2 tablespoons	3 tablespoons
Egg yolks	3	6	12
Buttermilk	2 1/4 cups	4 1/2 cups	2 quarts and 1 cup
Soda	1 1/2 teaspoons	1 tablespoon	2 tablespoons
Egg whites	3	6	12

Method

1. Add cornmeal gradually to the boiling water and let stand until cool.
2. Add the butter, salt and egg yolks slightly beaten.
3. Mix soda and buttermilk and add to cornmeal and egg mixture.
4. Beat thoroughly.
5. Beat whites of eggs until stiff and add to above mixture.
6. Turn into a buttered pudding dish and bake in a water bath in a hot oven 45 minutes - (400° - 450° F.).

ROLLED OAT MUFFINS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Rolled Oats	1 pint	1 quart	2 quarts
Water or milk	1 cup	1 pint	1 quart
Eggs	2	4	8
Fat, melted	1/4 cup	1/2 cup	1 cup
Flour, sifted	3 cups	1 1/2 quarts	3 quarts
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Sugar	1 tablespoon	2 tablespoons	1/4 cup
Baking powder	1 1/2 tablespoons	3 tablespoons	6 tablespoons

Method

1. Sift dry ingredients.
2. Beat eggs.
3. Melt fat.
4. Mix rolled oats, liquid, beaten eggs, and melted fat.
5. Add sifted dry ingredients and stir until just mixed.
6. Fill greased muffin pans 2/3 full.
7. Bake at 350° F. for 25 - 30 minutes.

NOTE: Raisins may be added for variety.

ORANGE MUFFINS

<u>Ingredients</u>	<u>4 Dozen</u>	<u>8 Dozen</u>	<u>12 Dozen</u>
Sugar	1 1/2 cups	3 cups	4 1/2 cups
Flour, enriched	2 1/2 quarts	5 quarts	7 1/2 quarts
Baking Powder	6 tablespoons	3/4 cup	1 1/8 cup
Salt	1 1/4 tablespoons	2 1/2 tablespoons	3 5/4 tablespoons
Eggs	4	8	12
Butter	1/4 pound	1/2 pound	3/4 pound
Shortening (vegetable)	12 tablespoons	1 1/2 cups	2 1/4 cups
Orange Juice	3 cups	6 cups	9 cups
Milk	3 cups	6 cups	9 cups
Orange Peel, grated	1/4 cup	1/2 cup	3/4 cup

Method

1. Cream together butter, shortening and sugar.
2. Add eggs and beat.
3. Sift together flour, baking powder, and salt and add alternately, with orange juice and milk.
4. Add orange peel.
5. Bake at 350° F. for 20-30 minutes.

SALLY LUNN BREAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Shortening	1/4 cup	1/2 cup	1 cup
Sugar	6 tablespoons	3/4 cup	1 1/2 cups
Eggs, well beaten	1 1/2	3	6
Flour, enriched	1 1/2 cups	3 cups	6 cups
Baking powder	1 1/2 teaspoons	1 1/4 tablespoons	2 1/2 tablespoons
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Milk	1/4 cup	1/2 cup	1 cup

Method

1. Cream shortening and sugar, and eggs, then sifted dry ingredients alternately with milk.
2. Mix thoroughly and pour into shallow pans, which have been greased.
3. Sprinkle top with sugar if desired and bake in moderate oven (425° F.) about 20 minutes.

SPEED IS ESSENTIAL FOR "QUICK" BREADS FROM THE MOMENT
THE WET INGREDIENTS ARE ADDED TO THE DRY.

MIX THOROUGHLY BUT DON'T BEAT!

WHOLE WHEAT DROP BISCUITS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Whole Wheat			
Flour	4 1/2 cups	2 1/4 quarts	4 1/2 quarts
Baking powder	2 tablespoons	4 tablespoons	1 1/2 cup
Salt	1 1/2 teaspoons	1 tablespoon	2 tablespoons
Fat	6 tablespoons	3/4 cup	1 1/2 cups
Water or Milk	1 1/2 cups	3 cups	1 1/2 quarts

Method

1. Mix dry ingredients together and cut in the shortening.
2. Add the liquid slowly stirring until a soft dough is formed.
3. As whole wheat flours vary, the amount of liquid needed will also vary.
4. Drop the dough by spoonfuls on lightly greased baking pans.
5. Bake in a hot oven (425° F.) for about 15 minutes or until lightly browned.

WHOLE WHEAT MUFFINS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Whole wheat			
flour	1 1/4 cups	2 1/2 cups	5 cups
White flour	1 1/4 cups	2 1/2 cups	5 cups
Baking powder	5 teaspoons	3 1/3 tablespoons	6 2/3 tablespoons
Salt	3/4 teaspoon	1/2 tablespoon	1 tablespoon
Milk	1 cup	2 cups	3 3/4 cups
Brown Sugar	2 tablespoons	4 tablespoons	8 tablespoons
Shortening	4 tablespoons	8 tablespoons	1 cup
Eggs	1	3	5

Method

1. Mix and sift dry ingredients.
2. Beat eggs.
3. Add sugar, milk and melted shortening. Avoid overmixing.
4. Combine with dry ingredients and pour into greased muffin pans.
5. Bake at 425° F. for about 20 minutes.

YOU GET GREATER FOOD VALUE FROM THE WHOLE GRAIN.

IT HAS ALL THE NATURAL CONTENT OF VITAMIN, MINERALS, AND PROTEIN.

WHOLE WHEAT RAISIN MUFFINS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Whole wheat flour	1 1/4 cups	2 1/2 cups	5 cups
White flour	1 1/4 cups	2 1/2 cups	5 cups
Baking powder	5 teaspoons	3 1/3 tablespoons	6 2/3 tablespoons
Salt	3/4 teaspoon	1/2 tablespoon	1 tablespoon
Milk	1 cup	2 cups	3 3/4 cups
Brown Sugar	2 tablespoons	4 tablespoons	8 tablespoons
Shortening	4 tablespoons	8 tablespoons	1 cup
Eggs	1	3	5
Raisins	3/4 cup	1 1/4 cup	2 1/2 cups

Methods

1. Mix and sift dry ingredients.
2. Beat eggs.
3. Add sugar, raisins, milk, and melted shortening. Avoid overmixing.
4. Combine with dry ingredients and pour into greased muffin tins.
5. Bake at 425° F. for about 20 minutes.

D E S S E R T SBAKED APPLE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Apples	12	25	50
Water	3 cups	1 1/2 quarts	3 quarts
Honey	3/4 cup	1 1/2 cups	3 cups
Red coloring (May be added)	1 teaspoon	2 teaspoons	4 teaspoons
Raisins	4 tablespoons	1/2 cup	1 cup

Method

1. Wash and core apples
2. Prick skin in several places with a fork so steam may escape and apples retain their shape.
3. Place apples in baking pan. Fill centers with raisins.
4. Make thin syrup from honey and water, (and red coloring), and pour over apples. Cover with a lid or pan, if possible.
5. Bake for 1 hour (350° to 375° F.) in moderate oven.

CHOCOLATE PUDDING

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Milk	3 3/4 cups	7 1/2 cups	3 3/4 quarts
Cocoa	1/4 cup	1/2 cup	1 cup
Flour	2/5 cup	1 1/3 cups	2 2/3 cups
Sugar	1 cup	2 cups	4 cups
Salt	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Water (for pudding paste)	1 cup	2 cups	1 quart
Butter	2 tablespoons	1/4 cup	1/2 cup
Vanilla	1/2 teaspoon	1 teaspoon	2 teaspoons

Method

1. Scald Milk.
2. Combine cocoa, flour, sugar and salt. Add liquid to make pudding paste.
3. Stir in the scalded milk.
4. Stir until thick and smooth. Cover and cook for 20 minutes over boiling water. Stir occasionally.
5. Remove from fire. Add butter and vanilla.

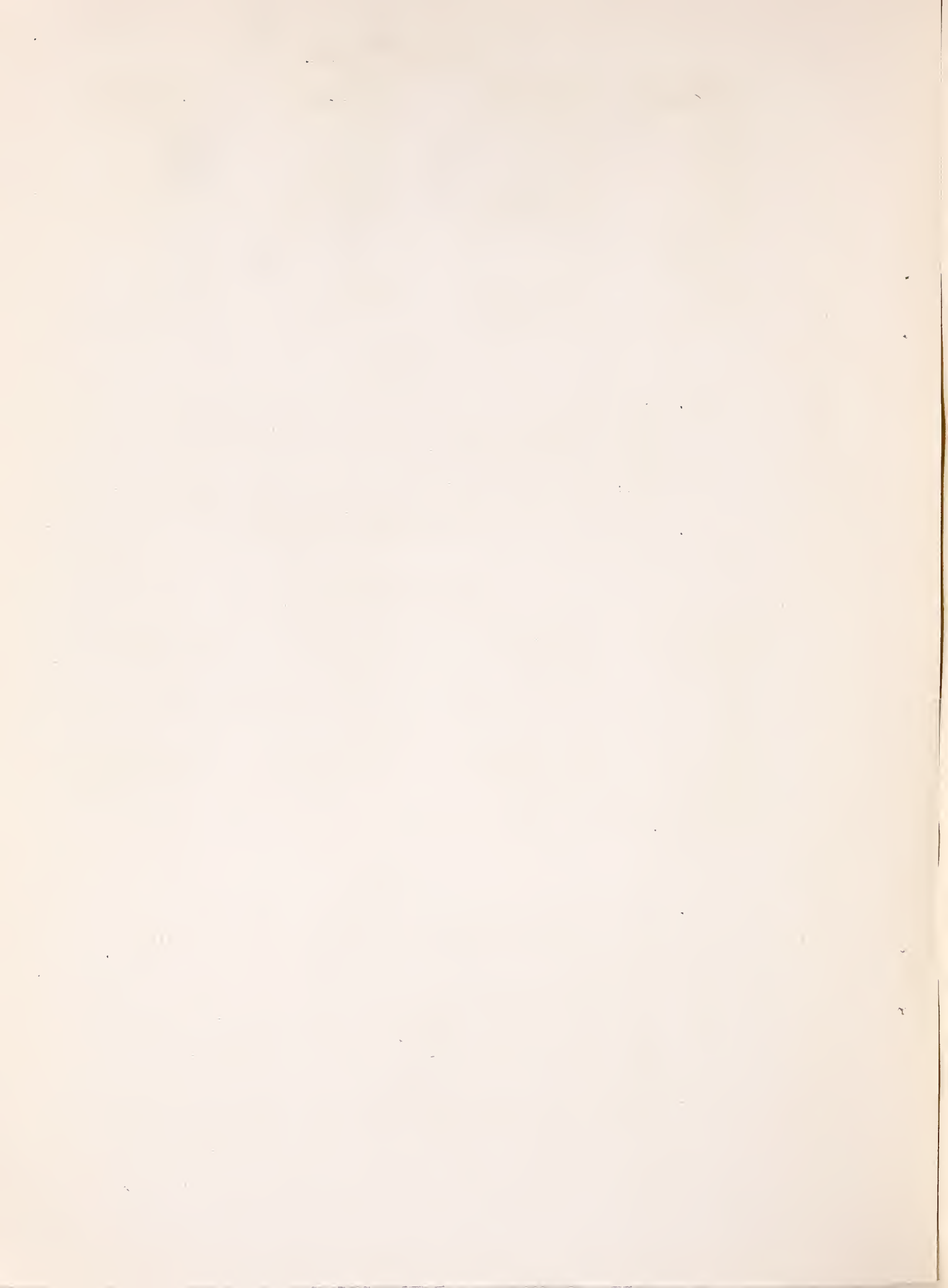
COCOANUT CUSTARD PIE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Pie Crust	2 single	4 single	8 single
Milk	3 pints & 1 cup	3 quarts & 1 cup	6 1/4 quarts
Eggs	6	12	24
Sugar	1/2 pound	1 pound	2 pounds
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Vanilla	2 teaspoons	1 1/2 tablespoons	3 tablespoons
Nutmeg (Sprinkle on top)			
Cocoanut (Sprinkle 4 tablespoons over each pie before baking.)			

Method

1. Roll pastery and place in pie tins, being sure that there are no air bubbles beneath.
2. Place uncooked pie shells in refrigerator for 1 hour.
3. Scald milk.
4. Beat eggs slightly.
5. Add sugar, salt and vanilla.
6. Add scalded milk and pour 4 cups of this mixture into each chilled crust.
7. Sprinkle nutmeg on top.
8. Bake at 450° F. for 15 minutes, then reduce temperature to 325° F. for 25 minutes.

DESSERTS ARE FUN TO MAKE AND ALSO NUTRITIOUS WHEN MADE WITH FRUIT, EGGS, AND MILK.



BAKED CUSTARD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Eggs	6	12	24
Sugar	1/2 pound	1 pound	2 pounds
Milk	3 pints	3 quarts	6 quarts
Vanilla	2 teaspoons	1 1/2 tablespoons	3 tablespoons
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Nutmeg			

Method

1. Beat eggs slightly.
2. Add remaining ingredients.
3. Pour into custard cups.
4. Sprinkle with nutmeg.
5. Place cups in pan of water.
6. Bake at 350° F. for 40 - 50 minutes, or until silver knife comes out clean when inserted in center.

LEMON OATMEAL COOKIES

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Shortening	1/3 cup	2/3 cup	1 1/3 cups
Brown sugar	3 tablespoons	5 tablespoons	1/2 cup
Eggs	1	2	4
Corn syrup	1/4 cup	1/2 cup	1 cup
Flour	2/3 cup	1 1/3 cups	2 2/3 cups
Salt	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Baking powder	1 teaspoon	2 teaspoons	4 teaspoons
Soda	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Milk	3 tablespoons	6 tablespoons	12 tablespoons
Vanilla	1/2 teaspoon	1 teaspoon	2 teaspoons
Oats	3/4 cup	1 1/2 cups	3 cups
Lemon rind, grated	2 teaspoons	4 teaspoons	8 teaspoons

Method

1. Cream shortening and sugar, add eggs and beat well.
2. Add corn syrup and beat thoroughly.
3. Sift flour with salt, baking powder and soda, and add alternately to creamed mixture with milk and vanilla.
4. Add oatmeal and lemon rind, beating well.
5. Drop by teaspoonfuls onto a greased baking sheet.
6. Bake for 12 minutes in preheated oven at 375° F.

Note: 1 cup of brown sugar may be used instead of the corn syrup, then 3/4 cup of milk will be needed. Whole wheat cereal may be substituted for lemon rind in proportion of 1/2 cup for 12, 1 cup for 25, and 2 cups for 50.

PLAIN CAKE SQUARES

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Flour	1 cup	2 1/8 cups	4 1/4 cups
Fat	1/4 cup	1/2 cup	1 cup
Baking powder	1/2 tablespoon	1 tablespoon	2 tablespoons
Sugar	3/4 cup	1 1/2 cups	3 1/4 cups
Salt	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Milk	9 tablespoons	1 1/8 cup	2 1/3 cups
Eggs, whole	1	2	4
Vanilla	3/4 teaspoon	1/2 tablespoon	1 tablespoon

Method

1. Sift flour and baking powder together, and blend in fat.
2. Mix sugar, salt, and milk and add to flour mixture while beating.
3. Mix the eggs, the first milk, and vanilla and add while beating, to other mixture.
4. Beat well, pour into oiled pans.
5. Bake 30 - 35 minutes at 350° F.

FRUIT SNACKS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Flour	1 1/4 cups	2 1/2 cups	5 cups
Whole wheat flour	2 1/2 cups	5 cups	10 cups
Brown sugar sifted	1 cup	2 cups	4 cups
Butter or shortening	1 3/4 cups	3 1/2 cups	7 cups
Oats, ground	2 3/4 cups	5 1/4 cups	10 1/2 cups
Cornflakes	1 quart	2 quarts	4 quarts
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Molasses	1 cup	2 cups	4 cups

Method

1. Combine all ingredients, rubbing together with the hands to form soft crumbs.
2. Sprinkle half of crumb mixture evenly over two well-greased and flour-dusted flat baking pans.
3. Spread evenly with hands and pack down by pressing the bottom of another pan on the mixture.
4. Spread the cold filling (recipe on next page) evenly over the surface.
5. Sprinkle the remaining crumbs over the filling and press lightly with another pan to make smooth.
6. Bake at 375° F. for 30 to 35 minutes.

FILLING FOR FRUIT SNACKS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Apricots, raisins, dates, figs, or any kind of fruit	3 cups	6 cups	12 cups
Honey	1/3 cup	2/3 cup	1 1/3 cups
Water	1 1/4 cups	2 1/2 cups	5 cups
Cornstarch	1/4 cup	1/2 cup	1 cup
mixed with water	1/4 cup	1/2 cup	1 cup

Method

1. Wash fruit, drain, and grind.
2. Bring first three ingredients to a boil, then stir in cornstarch solution.
3. Mix well and cook until clear.
4. If fresh or canned fruit is used, the method used for preparing the filling will vary according to the fruit used.

FRESH FRUIT COBBLER

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Any fresh fruit	4 1/2 cups	2 1/4 quarts	4 1/2 quarts
Shortening	1/4 cup	1/2 cup	1 cup
Flour	2 cups	4 cups	8 cups
Baking powder	4 teaspoons	8 teaspoons	5 1/4 tablespoons
Salt	3/4 teaspoon	1/2 tablespoon	1 tablespoon
Milk	1/2 cup	1 cup	2 cups

Method

1. Sift together flour, baking powder and salt.
2. Rub shortening into dry ingredients and add milk to make a soft dough.
3. Pour the fruit into a large baking pan.
4. Roll out the pastry and cover fruit.
5. Prick holes in pastry to allow steam to escape.
6. Bake in hot oven (425° F.) for 30 minutes.
7. Cut in squares and serve.

A FRUIT COBBLER WILL ADD "ZEST" TO ANY LUNCH!

GRAPEFRUIT AND ORANGE CUP

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Grapefruit	2	4	8
Oranges	6	12	24
Sugar	1 tablespoon	2 tablespoons	4 tablespoons

Method

1. Peel oranges and grapefruit and free sections from all membrane and seeds.
2. Cut sections in small pieces.
3. Place in bowl and sprinkle sugar over top.

STEWED PRUNES

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Prunes	1 1/2 pounds	3 pounds	6 pounds
Lemon juice	3 tablespoons	6 tablespoons	3/4 cup
Honey	3 tablespoons	6 tablespoons	3/4 cup

Method

1. Wash prunes, cover with cold water and soak overnight.
2. Cook slowly until tender, in water in which they were soaked.
3. Add honey and lemon juice just before the cooking is completed.

PRUNE BROWN BETTY

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Prunes, cooked	6 cups	3 quarts	6 quarts
Bread crumbs	2 cups	1 quart	2 quarts
Butter	1/2 cup	1 cup	2 cups
Brown Sugar	1/2 cup	1 cup	2 cups
Cinnamon	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Nutmeg	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Lemon (juice)	1	2	4

Method

1. Melt butter and stir into dry crumbs.
2. Cover bottom of baking dish with layer of crumbs. (About 1/3 of the crumbs).
3. Spread over 1/2 the prunes, sugar, and seasoning.
4. Repeat layers, covering with a light layer of crumbs.
5. Bake covered in moderate oven (350° F.) for 30 to 40 minutes, or until tender. Uncover during the last 10 minutes of baking.

PRUNE RICE CUSTARD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Rice, uncooked	3/4 cup	1 1/2 cups	3 cups
Water	1 1/2 quarts	3 quarts	1 1/2 gallons
Salt	1 1/2 teaspoons	1 tablespoon	2 tablespoons
Eggs	3	6	12
Prune juice (from cooked prunes)	1 1/2 cups	3 cups	1 1/2 quarts
Milk	2 1/2 cups	1 1/4 quarts	2 1/2 quarts
Sugar	6 tablespoons	3/4 cup	1 1/2 cups
Prunes, cooked unsweetened	1 1/4 cups	2 1/2 cups	1 1/2 quarts

Method

1. Wash rice.
2. Place in 1 quart briskly boiling water to which one teaspoon salt has been added. Cook until tender.
3. Drain and rinse rice in cold water.
4. Beat eggs, and add prune juice and milk.
5. Add rice to egg, prune juice and milk mixture.
6. Slice prunes and stir into rice mixture. Stir just enough to thoroughly mix.
7. Pour this rice mixture into a buttered baking dish and set it in a pan of hot water.
8. Bake in a moderate oven (350° F.) for about one hour until custard is set, or until knife inserted in the center comes out clean.

Note: Raisins may be substituted for prunes.

DESSERTS ARE DESIRABLE FOR SCHOOL LUNCHES IF MADE OF STAPLE FOODS THAT ARE EASY TO DIGEST AND NOT TOO SWEET.

MEATS

BRAISED LIVER

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Liver, sliced	2 pounds	3 1/4 pounds	6 1/4 pounds
Salt	1 1/2 teaspoon	1 tablespoon	2 tablespoons
Pepper	1/4 teaspoon	3/4 teaspoon	1 1/4 teaspoons
Flour	4 tablespoons	12 tablespoons	1 1/4 cups
Fat	4 tablespoons	12 tablespoons	1 1/4 cups
Onion, chopped	1/4 cup	1/2 cup	1 cup
Carrots, chopped	1/2 cup	2/3 cup	1 1/3 cup
Peppers, chopped	1 tablespoon	2 tablespoons	1/4 cup
Celery	5 tablespoons	10 tablespoons	1 1/4 cups

Method

1. Remove the thin membrane from the edges of sliced liver.
2. Cut liver into suitable pieces for serving.
3. Sprinkle with salt and pepper and dredge with flour.
4. Brown in the hot fat then add the chopped vegetables and boiling water to cover.
5. Cook covered at 350° F. about one hour, or cook slowly on top of stove.

MEAT BALLS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Stale Bread	1 1/4 cups	2 1/4 cups	4 1/2 cups
Ground meat	2 pounds	3 pounds	6 pounds
Onion, finely chopped	3/4 cup	1 1/2 cups	3 cups
Eggs	1	1	2
Pepper	1/8 teaspoon	1/8 teaspoon	1/4 teaspoon
Salt	1 teaspoon	1/2 tablespoon	1 tablespoon
Stock	1/8 cup	1/4 cup	1/2 cup

Method

1. Soak bread in just enough water to moisten.
2. Fry ground meat.
3. Mix all the ingredients and form into 2 ounce balls.
4. Place in greased baking dish. Cover with cooked spaghetti.
5. Bake at 350° F. for 25 - 30 minutes, or until spaghetti is delicately browned and mixture thoroughly heated.

PORK CHOPS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Pork Chops, medium	2 1/2 pounds	5 pounds	10 pounds
Salt			
Pepper			
Flour			
Fat			

Method

1. Salt and pepper to taste.
2. Dredge in flour.
3. Fry until golden brown and well done in hot fat.

SPARERIBS AND SAUERKRAUT

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Spareribs	4 pounds	8 pounds	16 pounds
Sauerkraut	6 cups	12 cups	6 quarts
Onion juice	1 teaspoon	2 teaspoons	1 tablespoon
Pepper	1 teaspoon	2 teaspoons	1 tablespoon

Method

1. Cut spareribs into servings.
2. Arrange sauerkraut and onions in a baking pan and cover with spareribs.
3. Add pepper and enough water to cover the bottom of the pan, if there is not sufficient sauerkraut juice. Cover.
4. Bake in a moderate oven (350° F.) for 1 1/2 to 2 hours, or until meat is tender enough to come off the bone.
5. This may be also cooked on top of the stove.

SLICED TONGUE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Tongue	4 pounds	8 pounds	16 pounds
Salt	1 teaspoon	2 teaspoons	4 teaspoons

Method

1. Cover tongue with water and add salt. Cover.
2. Allow to simmer about 1 hour to the pound, or until tender.
3. Drain and remove skin.
4. Arrange on platter with turnip greens.

CHICKEN AND RICE CASSEROLE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Rice, cooked	2 cups	4 cups	8 cups (when cooked moisten with chicken broth)
Butter	1 tablespoon	2 tablespoons	4 tablespoons
Milk	2 1/2 cups	5 cups	2 1/2 quarts
Broth	2 cups	1 quart	2 quarts
Flour	1/4 cup	1/2 cup	1 cup
Chicken, (cooked and diced)	1 fowl - (4 1/2 pounds each)	2 fowls - (4 1/2 pounds each)	4 fowls - (4 1/2 pounds each)
Salt	1 teaspoon	2 teaspoons	4 teaspoons

Method

1. Mix butter, milk, broth, flour and salt as for white sauce.
2. Add diced chicken, and arrange in layers in buttered casseroles--rice, chicken, and cover with a layer of rice.
3. Sprinkle with buttered crumbs.
4. Bake 1 hour at 350° F.

SCALLOPED CHICKEN AND VEGETABLES

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Cooked or canned chicken, diced	1 1/2 pounds	3 pounds	6 pounds
Peas, drained	2 1/4 cups	4 1/2 cups	9 cups
Potatoes, diced and cooked	1 1/2 cups	3 cups	6 cups
Carrots, diced and cooked	1 1/2 cups	3 cups	6 cups
Onion, minced	1/4 cup	1/2 cup	1 cup
Bread crumbs	2 1/4 cups	4 1/2 cups	9 cups
Eggs, beaten	3	6	12
Milk	1 1/2 cups	3 cups	6 cups
Salt	1 tablespoon	2 tablespoons	4 tablespoons
Chili Sauce	1 1/4 cups	2 1/2 cups	5 cups
Prepared Mustard	1 1/2 teaspoon	3 teaspoons	6 teaspoons

Method

1. Combine all ingredients and mix thoroughly.
2. Turn into greased casserole, place in pan of hot water, and bake in moderately hot oven for 45 minutes.

CHICKEN PIE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Chicken	3 pounds	6 pounds	12 pounds
Onions, chopped	1/4 cup	1/2 cup	1 cup
Potatoes, diced	2 cups	4 cups	8 cups
Carrots, diced	2 cups	4 cups	8 cups
Flour about	1 cup	2 cups	4 cups
Salt	3 tablespoons	6 tablespoons	3/4 cup
Pepper	1 teaspoon	2 teaspoons	1 tablespoon
Biscuit Dough			

Method

1. Cook chicken until tender and remove from bones.
2. Cook potatoes, carrots and onions.
3. Use the broth from both chicken and vegetables, thicken with flour, season with salt and pepper.
4. Mix chicken, vegetables and chicken broth--put in a baking dish, cover with biscuit dough.
5. Bake in a moderate oven until biscuit dough is done.

TAMALE PIE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Ground Meat (cooked or left-over)	2 pounds	4 pounds	8 pounds
Cornmeal	1 1/2 cups	3/4 pound	1 1/2 pounds
Salt	3/4 tablespoons	1 1/2 tablespoons	3 tablespoons
Water	5 1/4 cups	2 1/2 quarts	5 1/4 quarts
Fat, melted	3 tablespoons	6 tablespoons	3/4 cup
Onion, minced	3 tablespoons	8 tablespoons	1 cup
Paprika	1/2 teaspoon	1 teaspoon	2 teaspoons
Black pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Chili powder	2 teaspoons	4 teaspoons	8 teaspoons
Tomatoes, canned	3 cups	1 1/2 quarts	3 quarts
Salt	3/4 tablespoon	1 1/2 tablespoons	3 tablespoons

Method

1. Place fat, onion, salt, pepper, paprika, and chili powder in skillet.
2. Add chopped meat and heat thoroughly. If there is no cooked meat on hand, cook ground meat thoroughly at this step.
3. Add tomatoes, Mix well and pour over mush.
4. Make cornmeal, salt and water into a stiff mush. Cook over boiling water for 20 to 30 minutes.
5. Place meat and cornmeal mixture in alternate layers in greased baking dish, beginning with cornmeal and ending with cornmeal.
6. Bake in moderate oven (350° F.) for 30 to 45 minutes.

FISH LOAF

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Fish, cooked	6 cups	3 quarts	6 quarts
Eggs	4	8	16
Onions, medium	1/2	1	2
Bread crumbs	2 cups	1 quart	1 1/2 quarts
Milk	2 cups	1 quart	1 1/2 quarts
Salt	2 teaspoons	4 teaspoons	2 tablespoons
Pepper	1/2 teaspoon	1 teaspoon	2 teaspoons
Salt Pork			
Chopped fine	4 slices	1/2 pound	1 pound
Butter, melted	4 tablespoons	1/2 cup	1 cup

Method

1. Wash fish and cook 20 minutes in boiling water.
2. Drain and flake.
3. Mix thoroughly all ingredients and press into a greased baking pan.
4. Bake in a moderate oven for about 40 to 45 minutes.

SCALLOPED SALMON AND PEAS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Salmon, (No. 1 can-tall)	1 can	2 cans	4 cans
Bread, cubes	1 pint	1 quart	2 quarts
White Sauce			
medium	3 cups	1 1/2 quarts	3 quarts
Crumbs	6 tablespoons	3/4 cups	1 1/2 cups
Peas	1 1/2 cups	3 cups	6 cups
Paprika	Few grains	1/4 teaspoon	1/2 teaspoon

Method

1. Flake salmon and mash the bones fine.
2. Pour white sauce over the bread cubes.
3. Mix the salmon and peas.
4. In a well buttered pan alternate layers of salmon and peas with a layer of the white sauce.
5. Cover with buttered crumbs.
6. Put in oven (400° F.) to brown.

Note: If fresh peas are used: 1 1/2 quarts for 50; 3 cups for 25; 1 1/2 cups for 12.

SERVE FISH OFTEN.

FRESH FISH DOES NOT REQUIRE RATION POINTS.

MEAT ALTERNATESBAKED LIMA BEANS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Lima beans, dry	2 1/4 cups	4 1/2 cups	2 1/4 quarts
Tomatoes, strained	3/4 cup	1 1/2 cups	3 cups
Brown sugar	1/2 cup	1 cup	2 cups
Salt	1/2 tablespoon	1 tablespoon	2 tablespoons
Ham broth or water	1 1/2 cups	3 cups	1 1/2 quarts
Bacon fat	1 1/2 tablespoons	3 tablespoons	6 tablespoons

Method

1. Soak the beans overnight.
2. Drain
3. Cook ham broth (or water), beans, and salt together until beans are tender.
4. Add strained tomatoes and sugar
5. Bake in slow over (300° F.) for three hours.

BAKED NAVY BEANS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Dried Navy Beans	2 cups	4 cups	8 cups
Water	2 quarts	4 quarts	8 quarts
Salt Pork, sliced	1/2 pound	1 pound	2 pounds
Molasses	1/2 cup	1 cup	2 cups
Salt	3 teaspoons	2 tablespoons	4 tablespoons
Mustard	1 teaspoon	2 teaspoons	4 teaspoons
Tomato Puree	1/2 cup	1 cup	2 cups

Method

1. Wash beans and soak them overnight in the water.
2. In the morning, simmer beans for 45 minutes in water they were soaked in, or until beans begin to soften.
3. Add salt, mustard, molasses and catsup to beans.
4. Pour into greased baking dish with a lid.
5. Press sliced pork in on top of beans.
6. Cover and bake slowly for 3 to 5 hours.

COWPUNCHER BEANS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Pinto Beans	1 pint	1 quart	2 quarts
Ham Hock,			
small	1	2	4
Chili Tepines	1	2	4
Onions, small	1 1/2	3	6
Ground Chili	1 tablespoon	2 tablespoons	4 tablespoons
Tomatoes,			
canned	1 pint	1 quart	2 quarts

Method

1. Soak beans overnight.
2. In the morning put ham hock in a kettle with the beans and water they have soaked in.
3. Add chili tepines and let simmer until beans are tender.
4. Prepare a sauce by browning in a little fat, the finely chopped onions.
5. Add ground chili and just enough water to steam the onions tender.
6. Add tomatoes and boil mixture 5 minutes.
7. Remove ham hock from the beans.
8. Remove meat from bone, cutting in small pieces.
9. Return meat to beans and add cooked sauce.
10. Let simmer for another half hour. These beans improve with each reheating.

RED KIDNEY BEANS WITH BACON

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Kidney Beans	1 pound	2 pounds	4 pounds
Bacon	1/2 - 1 pound	1 - 2 pounds	2 - 4 pounds
Salt	1/2 tablespoon	1 tablespoon	2 tablespoons
Onion	3	6	8
Pepper			
Mustard, if desired			

Method

1. Pick over beans. Cover with cold water and soak overnight.
2. Add water.
3. Simmer until beans are tender but not mushy.
4. Soon after beans begin to boil add onion, bacon, salt, and pepper.

DRIED BEANS AND PEAS ARE VALUABLE FOR PROTEIN.

SERVE WITH EGGS AND MILK AND THIS MAKES A DESIRABLE MEAT ALTERNATE.

PEANUT-BURGERS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Peanuts, salted or roasted	2 cups	4 cups	8 cups
Bread, sliced and cubed	4 slices	8 slices	16 slices
Eggs, slightly beaten	2	4	8
Milk	6 tablespoons	12 tablespoons	1 1/2 cups
Salt	1 1/2 teaspoon	1 tablespoon	2 tablespoons
Allspice	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Pepper	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Celery, finely chopped	1 cup	2 cups	4 cups
Onions, finely chopped	1 cup	2 cups	4 cups
Butter or Margarine	2 tablespoons	4 tablespoons	8 tablespoons

Method

1. Saute the celery and onion in the fat.
2. Mix all ingredients and shape into patties.
3. Dip patties into flour. Chill.
4. Saute in bacon drippings or other fat.
5. Serve with tomato sauce.

EGGS BAKED IN MASHED POTATOES

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes	3 pounds	6 pounds	12 pounds
Butter	1/4 cup	1/2 cup	1 cup
Milk (Approx)	1 1/2 cups	2 1/3 cups	6 2/3 cups
Salt	2 teaspoons	1 table spoon	2 1/2 tablespoons
Eggs	12	25	50

Method

1. Scrub potatoes. Boil in jackets until just tender. Do not overcook.
2. Peel potatoes and mash. Beat until there are no lumps.
3. Add butter, salt and enough milk to moisten. Beat until light and fluffy.
4. Spread into buttered baking dish all the while being careful to keep potatoes fluffy.
5. Make "Nests" or depressions in the potatoes with a spoon -- as many as there are servings to be made. Break an egg into each depression.
6. Bake 15 minutes at 350° F.

SCALLOPED EGGS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Eggs, hard cooked	12	25	50
Shortening	4 tablespoons	8 tablespoons	16 tablespoons
Flour	4 tablespoons	8 tablespoons	16 tablespoons
Milk	4 cups	8 cups	16 cups
Salt	4 teaspoons	8 teaspoons	16 teaspoons
Pepper	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Paprika	1/2 teaspoon	1 teaspoon	2 teaspoons
Parsley, chopped	2 tablespoons	4 tablespoons	8 tablespoons
Bread crumbs, buttered	1 cup	2 cups	4 cups

Method

1. Cover eggs with cold water and heat gradually to just the boiling point.
2. Simmer for about 15 minutes.
3. Melt shortening, stir in the flour.
4. Add milk and bring slowly to a boil, stirring constantly until thick and smooth.
5. Add salt, pepper, paprika, and chopped parsley.
6. Place a layer of sliced eggs in a greased utility dish, cover with half of the sauce.
7. Then put another layer of eggs, cover with remaining sauce, top with buttered bread crumbs.
8. Bake 25 minutes in preheated 400° F. oven.

STUFFED EGGS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Eggs, hard cooked	12	25	50
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Mustard	1 teaspoon	2 teaspoons	4 teaspoons
Cayenne	1/2 teaspoon	1 teaspoon	2 teaspoons
Butter, melted	6 tablespoons	3/4 cup	1 1/2 cups
Lemon juice or vinegar	2 teaspoons	4 teaspoons	2 2/3 tablespoons

Method

1. Cut eggs crosswise.
2. Remove yolks and put through fine sieve.
3. Add dry ingredients.
4. Combine with butter and vinegar.
5. Fill whites with this mixture.

CHEESE AND MACARONI

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Macaroni	1 pound	2 1/8 pounds	4 1/4 pounds
Water, boiling	3 quarts	1 1/2 gallons	3 1/8 gallons
Salt	1 tablespoon	2 tablespoons	1/4 cup
Cheese	1 1/2 pounds	3 pounds	6 pounds
Milk.			

Method

1. Break macaroni into three inch pieces and drop into the briskly boiling water to which the salt has been added. Boil until tender, 20 to 30 minutes.
2. Drain and rinse with hot water.
3. Scald milk over boiling water.
4. Cut cheese into small pieces and add to scalded milk. Continue cooking over hot water until cheese is just melted, about 5 minutes.
5. Add macaroni to cheese sauce and heat thoroughly.

NOTE: Macaroni combined with cheese sauce may be poured into a greased baking pan, covered with buttered bread crumbs and baked in a moderate oven 375° F. until the crumbs are brown, about 30 minutes.

CREOLE SPAGHETTI

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Onions, small	1/2	1	2
Fat	1/4 cup	1/2 cup	1 cup
Flour	1 3/4 tablespoons	3 1/2 tablespoons	7 tablespoons
Tomatoes, canned	1 No. 3 can	2 No. 3 cans	4 No. 3 cans
Meat, cooked (chopped or ground)	1 pound	2 pounds	4 pounds
Spaghetti	1/4 pound	1/2 pound	1 pound
Water, boiling	1 3/4 quarts	3 1/2 quarts	7 quarts
Salt	1 teaspoon	2 teaspoons	1 1/2 teaspoons
Cheese, grated	3/4 cup	1 1/2 cups	3 cups

Method

1. Fry the onion in the fat. Add the flour and tomatoes as for white sauce.
2. Add the meat, then the spaghetti which has been cooked until tender, drained and washed.
3. Pour into an oiled pan, and sprinkled grated cheese over top.
4. Bake approximately 45 minutes at 300° F.

S A L A D SAPPLE, CARROT, AND RAISIN SALAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Raisins, chopped	3/4 cup	1 1/2 cups	3 cups
Carrots, grated	3 cups	1 1/2 quarts	3 quarts
Apples, diced	3 cups	1 1/2 quarts	3 quarts
Sugar	1 tablespoon	2 tablespoons	1/4 cup
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Salad Dressing, cooked	3/4 cup	1 1/2 cups	3 cups

Method

1. Clean and wash the raisins; pat dry with a towel. Chop.
2. Scrape, wash and grate the carrots. Young carrots do not need scraping.
3. Wash and dice the apples.
4. Combine the ingredients; raisins, carrots, apples, sugar, salt and salad dressing. Mix thoroughly.
5. Serve at once.

NOTE : Finely diced celery may be substituted for all or part of the raisins.

COOKED DRESSING

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Salt	3/4 tablespoon	1/2 tablespoon	1 tablespoon
Mustard	1 teaspoon	2 teaspoons	1 1/2 tablespoons
Sugar	1/2 tablespoon	1 tablespoon	2 tablespoons
Flour	2 teaspoons	1 1/2 tablespoons	3 tablespoons
Eggs	1 egg or 2 yolks	1 1/2 eggs or 3 yolks	3 eggs or 6 yolks
Butter	1 1/2 tablespoons	3 tablespoons	6 tablespoons
Milk	1/2 cup and 11 tablespoon	1 cup and 2 tablespoons	2 1/4 cups
Vinegar	1/4 cup	1/2 cup	1 cup
Cayenne pepper			

Method

1. Mix dry ingredients.
2. Add eggs, butter, milk, and vinegar very slowly.
3. Stir and cook over boiling water until mixture begins to thicken.
4. Strain and cool.

CABBAGE AND APPLE SALAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Apples, chopped	1 1/2 cups	3 cups	6 cups (2 lbs.)
Cabbage, grated	3 cups	6 cups	12 cups (5 lbs.)
Dressing, cooked	4 1/2 tablespoons	9 tablespoons	1 cup and 2 tablespoons

Method

1. Crisp cleaned cabbage in cold water for at least an hour and dry with a towel.
2. Grate cabbage on medium grater, or finely shred with a knife.
3. Cut apples fine.
4. Lightly mix freshly grated cabbage and apples with measured amount of dressing and serve at once.

CARROT AND RAISIN SALAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Carrots, shredded	2 pounds	4 pounds	8 pounds
Raisins	1/2 pound	1 pound	2 pounds
Salt	2 teaspoons	4 teaspoons	2 2/3 tablespoons
Lemon juice	2 tablespoons	1/4 cup	1/2 cup
Mayonnaise	3/4 cup	1 1/2 cups	3 cups

Method

1. Wash raisins and drain well.
2. Combine all ingredients.

COLE SLAW

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Cabbage	4 cups	8 cups	15 cups
Corn syrup	6 tablespoons	3/4 cup	1 1/4 cups
Salt	2 teaspoons	4 teaspoons	8 teaspoons
Pepper	1/2 teaspoon	1 teaspoon	2 teaspoons
Cream	1/2 cup	1 cup	2 cups
Vinegar	1/2 cup	1 cup	2 cups

Method

1. Chop cabbage coarsely.
2. Pour corn syrup, salt, pepper, cream and vinegar over and mix lightly.

CONGEALED VEGETABLE AND FRUIT SALAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Gelatin, lime	2 packages	4 packages	8 packages
Water, hot	4 cups	8 cups	1 gallon
Apples, diced unpeeled	2 cups	4 cups	8 cups
Celery, finely chopped	1 cup	2 cups	4 cups
Carrots, shredded	1 cup	2 cups	4 cups
Lettuce	1 head	2 heads	4 heads

Method

1. Dissolve gelatin in hot water.
2. Set in cool place until gelatin begins to congeal.
3. Add apples, celery, and carrots.
4. Mix well.
5. Pour into molds that have been rinsed in cold water.

GRAPEFRUIT AND ORANGE SALAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Grapefruit	2	4	8
Oranges	6	12	24
Lettuce	2 heads	4 heads	8 heads
Sugar	1 tablespoon	2 tablespoons	4 tablespoons

Method

1. Peel oranges and grapefruit.
2. Free sections from all membrane and seeds.
3. Cut sections in half crosswise.
4. Lay on bed of lettuce leaves and sprinkle with a very small amount of sugar.

A NEW SUPPLY OF VITAMIN C IS NEEDED EVERY DAY.

IT IS NOT STORED IN THE BODY.

GREEN SPINACH SALAD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Spinach	3 pounds	6 pounds	12 pounds
Onion Juice	1/4 onion	1/2 onion	1 onion
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Tomatoes, fresh			
chopped	2	4	8
Eggs, hard			
boiled			
chopped	3	6	12
Celery, diced	1 cup	2 cups	4 cups
Mayonnaise	6 tablespoons	3/4 cup	1 1/2 cups

Method

1. Chop greens finely.
2. Add remaining ingredients and mix lightly together.

MIXED GREEN SALAD

<u>Ingredients</u>	<u>Yield: 1 cup</u>	<u>Yield: 1 pint</u>	<u>Yield: 1 quart</u>
Spinach,			
young			
tender	1 1/2 pounds	2 1/2 pounds	5 pounds
Lettuce or			
Cabbage	1 1/2 pounds	2 1/2 pounds	5 pounds
Onion juice	1/4 onion	1/2 onion	1 small
Vinegar	2 tablespoons	4 tablespoons	1/2 cup
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Dressing,			
French	1/2 cup	1 cup	2 cups
Bacon strips,			
fried, diced			
and drained	4	8	16

Method

1. Chop greens finely.
2. Add remaining ingredients, and mix lightly together.

COOL, CRISP AND COLORFUL ARE THE 3 "C'S" FOR SALADS!

SALADS AND APPETIZERS APPEAL TO SCHOOL LUNCHES.

FRENCH DRESSING

<u>Ingredients</u>	<u>Yield: 1 cup</u>	<u>Yield: 1 pint</u>	<u>Yield: 1 quart</u>
Onion	1 teaspoon	1/2 tablespoon	1 tablespoon
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Sugar	1 teaspoon	2 teaspoons	4 teaspoons
Mustard	1 teaspoon	2 teaspoons	4 teaspoons
Paprika	1 teaspoon	2 teaspoons	4 teaspoons
Garlic	1/8 clove	1/4 clove	1/2 clove
Oil	3/4 cup	1 1/2 cups	3 cups
Vinegar	1/4 cup	1/2 cup	1 cup

Method

1. Mix onions with dry ingredients and garlic.
2. Add oil and vinegar.
3. Beat 20 minutes at high speed.
4. Let stand for several days.
5. Remove onion and garlic before serving.

PREPARE FRUITS OR VEGETABLES FOR SALADS JUST BEFORE SERVING.

CHOP LEAFY GREEN VEGETABLES COARSELY TO PREVENT
VITAMIN LOSSES

ADD DRESSING IMMEDIATELY AFTER CUTTING VEGETABLES AND FRUITS FOR
SALADS. IT HELPS TO PREVENT SOME VITAMIN DESTRUCTION.

S A U C E S

APPLE SAUCE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Apples	4 pounds	8 pounds	16 pounds
Sugar	1 1/2 cups	2 1/2 cups	2 1/2 pounds

Method

1. Wash apples and cut in quarters.
2. Barely cover with water and boil gently until soft, stirring frequently.
3. Press through a puree sieve to remove cores and skin.
4. Add sugar. Cinnamon and a little lemon juice may be added if apples lack flavor.

CHEESE SAUCE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Flour	4 tablespoons	1/2 cup	1 cup
Butter	2 tablespoons	4 tablespoons	1/2 cup
Milk	3 cups	6 cups	12 cups
Salt	1 teaspoon	2 teaspoons	4 teaspoons
Cheese, grated	1 1/2 cups	3 cups	6 cups

Method

1. Make a white sauce of butter, flour and milk.
2. Add grated cheddar cheese just before serving. If Cheese is too fresh the sauce will curdle.
3. Be sure the sauce does not stand long before serving.

CHEESE IS A GOOD QUALITY PROTEIN.

3 OZ. OF AMERICAN CHEESE IS EQUAL TO ONE SERVING OF MEAT.

TOMATO SAUCE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Tomatoes	2 cups	4 cups	8 cups
Butter	1/4 cup	1/2 cup	1 cup
Onion, finely chopped	2 tablespoons	1/4 cup	1/2 cup
Flour	1/4 cup	1/2 cup	1 cup
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons

Method

1. Put tomatoes through strainer or press through ricer.
2. Grate onion and add tomatoes.
3. Melt butter, add flour and stir until smooth.
4. Add tomatoes gradually, stirring until smooth and thick before each addition of tomatoes.

WHITE SAUCE, MEDIUM

<u>Ingredients</u>	<u>Yield: 1 Cup</u>	<u>Yield: 1 pint</u>	<u>Yield: 1 quart</u>
Butter	2 tablespoons	4 tablespoons	1/2 cup
Flour	1 1/2 tablespoons	3 tablespoons	6 tablespoons
Salt	1/4 teaspoon	1/2 teaspoon	1 teaspoon
Milk	1 cup	1 pint	1 quart

Method

1. Melt butter. Remove from fire.
2. Add flour and salt mixture. Stir into smooth paste.
3. Pour milk in gradually, stirring constantly until mixture begins to thicken.
4. Cook in double boiler or over hot water for 20 minutes.

MILK GRAVY

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Shortening	6 tablespoons	12 tablespoons	1 1/2 cups
Flour	6 tablespoons	12 tablespoons	1 1/2 cups
Milk	3 cups	3 pints	3 quarts
Salt	3/4 teaspoon	1 1/2 teaspoons	1 tablespoon
Pepper			

Method

1. Measure lard and put in skillet. Stir in flour.
2. Brown slowly. Add milk gradually, stirring constantly.
3. Boil 2 minutes and then stir in salt and pepper to taste.

VEGETABLESBEANS, FRESH GREEN

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Butter	3 tablespoons	6 tablespoons	12 tablespoons
Beans, fresh	3 pounds	6 pounds	12 pounds
Salt	1 teaspoon	2 teaspoons	1 tablespoon
Water, boiling	1 cup	2 cups	3 cups
Pepper			

Method

1. Wash and remove ends from beans.
2. Snap or cut with a sharp knife in 1 inch pieces.
3. Bring to a boil with high heat and then continue cooking with simmer or low heat for 20 minutes or until beans are tender.
4. Add bacon drippings, salt and pepper to taste just before beans are done.
5. Serve very hot.

CABBAGE, BOILED, WITH CHEESE SAUCE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Cabbage	2 1/2 pounds, A.P.	5 pounds, A.P.	10 pounds, A.P.
Cheese Sauce	1 quart	2 quarts	4 quarts
Salt			

Method

1. Remove outside leaves of cabbage.
2. Cut in quarters and remove heart.
3. Cut cabbage in wedges size of servings.
4. Cook in boiling water, uncovered, about 8 to 10 minutes, or steam in vegetable steamer until tender.
5. Drain.
6. Cover with cheese sauce.

COOK LEAFY VEGETABLES QUICKLY IN A COVERED UTENSIL TO SHORTEN THE TIME THEY ARE EXPOSED TO AIR, HEAT, AND WATER.

AVOID VIOLENT BOILING TO KEEP THEM FROM GOING TO PIECES AND LOOSING EXTRA WATER-SOLUBLE FOOD SUBSTANCES.

CARROTS, BUTTERED

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Carrots, cut in strips	2 1/2 pounds	5 pounds	9 1/2 pounds
Butter	3 tablespoons	6 tablespoons	12 tablespoons
Salt	1 teaspoon	2 teaspoons	1 tablespoon
Sugar	2 teaspoons	4 teaspoons	2 2/3 tablespoons
Nutmeg			

Method

1. Boil carrots in salted water for 20 minutes, or until tender.
2. Cook carrots in just enough water so there will not be any to drain off.
3. Add butter, sugar and a dash of nutmeg.

CARROT STRIPS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Carrots	1 1/4 pounds	2 1/2 pounds	5 pounds
Ice Water			

Method

1. Select large carrots, wash and scrape. If carrots are young and without blemishes, do not scrape.
2. Cut in proper length, then into lengthwise slices 1/4 inch thick.
3. Serve immediately.

POTATOES, BAKED

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes, medium	12	25	50
Butter	1/4 cup	1/2 cup	1 cup
Salt	2 teaspoons	1 tablespoon	2 tablespoons
Paprika			

Method

1. Select good baking potatoes of uniform size and shape and scrub thoroughly.
2. Grease and bake in a moderately hot oven (375° F.) for 45 to 60 minutes or until soft.
3. Take potatoes from oven at once, work gently with the fingers to loosen skin. Make short gash to allow steam to escape.
4. Season with butter, salt, and a dash of paprika and serve at once.



POTATOES, CREAMED

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes	2 1/2 pounds	5 pounds	10 pounds
Water, boiling	1 quart	2 quarts	1 gallon
Salt	2 teaspoons	1 tablespoon	2 tablespoons
Milk	1 1/2 pints	1 1/2 quarts	3 quarts
Flour	6 tablespoons	3/4 cup	1 1/2 cups
Butter	6 tablespoons	3/4 cup	1 1/2 cups
Salt, in white sauce	1 teaspoon	2 teaspoons	3 teaspoons
Pepper	1/8 teaspoon	1/4 teaspoon	1/2 teaspoon
Paprika	1/2 teaspoon	3/4 teaspoon	1 1/4 teaspoon

Method

1. Cook peeled potatoes in boiling salted water.
2. Melt butter. Add flour and salt mixture. Stir into smooth paste.
3. Pour milk in gradually, stirring constantly until mixture begins to thicken.
4. Cook in double boiler or over hot water for approximately 20 minutes.
5. Pour white sauce over potatoes and sprinkle with paprika.

POTATOES, WASHED

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes	3 pounds	6 pounds	12 pounds
Butter	1/4 cup	1/2 cup	1 cup
Milk, hot	1 1/2 cups	3 1/3 cups	6 1/2 cups
Salt	1 1/2 teaspoons	1 tablespoon	2 tablespoons

Method

1. Scrub potatoes.
2. Boil in jackets until tender but not overcooked.
3. Peel potatoes and mash.
4. Beat until there are no lumps.
5. Add butter, salt and enough milk to moisten.
6. Beat until light and fluffy.
7. Serve at once.

PARE POTATOES AS THINLY AS POSSIBLE.
VALUABLE NUTRIENTS ARE RIGHT NEAR THE SKIN.

BETTER STILL - COOK THEM IN THEIR JACKETS
YOU SAVE MORE VITAMINS AND MINERALS

POTATO SALAD, COLD

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes	2 pounds	4 pounds	8 pounds
Celery	1 pint	1 quart	2 quarts
Eggs, hard cooked	6	12	24
Green pepper	1	2	4
Salt	1 1/2 teaspoon	1 tablespoon	2 tablespoons
Vinegar, regular	2 tablespoons	4 tablespoons	1/2 cup
Vinegar, pickle	2 tablespoons	1/4 cup	1/2 cup
Mayonnaise	1/2 cup	1 cup	2 cups
Boiled Dressing	1/2 cup	1 cup	2 cups
Onion	1/2 cup	1 cup	2 cups

Method

1. Cut potatoes and eggs in 1/2 inch cubes.
2. Cut peppers, celery and onions in 1/4 inch pieces.
3. Combine the potatoes, celery, eggs, green peppers, salt and onion.
4. Add vinegars to dressing.
5. Combine the two mixtures, avoiding overstirring.

POTATO SALAD, HOT

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes, hot diced	2 pounds	4 pounds	8 pounds
Green Pepper chopped fine	1 1/3 cups	2 2/3 cups	5 1/3 cups
Eggs, hard cooked	4	8	16
Onions, chopped fine	1 cup	2 cups	4 cups
Bacon, cut fine	3 slices	1/3 pound	2/3 pound
Vinegar	2/3 cup	1 1/3 cups	2 2/3 cups
Salt	1 teaspoon	2 teaspoons	1 1/3 tablespoons
Sugar	1 tablespoon	2 tablespoons	4 tablespoons
Water	1 1/2 tablespoons	3 tablespoons	6 tablespoons

Method

1. Cut hard cooked eggs in 1/2 inch pieces.
2. Crisp bacon and add vinegar, salt, sugar and water.
3. While hot, pour over potatoes, eggs, onions, and pepper which have been mixed.
4. Garnish with thin slices of green pepper and diced egg.

POTATOES, SCALLOPED

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes,			
sliced	2 1/2 pounds	5 pounds	10 pounds
Flour, sifted	1/2 cup	1 cup	2 cups
Salt	1 tablespoon	2 tablespoons	3 tablespoons
Milk, sweet	4 cups	2 quarts	1 gallon
Butter or			
Margarine	1/8 pound	1/4 pound	1/2 pound

Method

1. Place a layer of sliced potatoes in greased baking dish.
2. Sprinkle some of flour and salt mixture over potatoes.
3. Dot with butter.
3. Continue adding layers until all potatoes are used.
4. Add enough milk to come to the top layer of potatoes.
5. Bake in moderate oven (350° F.) until potatoes are soft. This will require about 45 minutes or 1 hour.

NOTE : Covering with buttered bread crumbs will give variety.

POTATOES, STUFFED

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes,			
medium	12	25	50
Salt	2 teaspoons	1 tablespoon	2 tablespoons
Butter-	1/4 cup	1/2 cup	1 cup
Milk, hot	1 1/2 cups	3 1/3 cups	6 1/2 cups

Method

1. Scrub and grease medium sized baking potatoes.
2. Bake until tender.
3. Cut potatoes into halves, lengthwise. (If potatoes are small, cut a slice from one side. Increase the number of potatoes accordingly.)
4. Scoop out contents and mash.
5. Season with salt, butter and milk.
6. Pile lightly into shells leaving top rough.
7. Bake until tops are delicately browned.

VARIATION:

1. Sprinkle grated cheese on top of potato before replacing in oven.
2. Add peanut butter to potato mixture before stuffing.
3. Leave depression in refilled shell, break an egg into each. Season with salt and pepper and sprinkle with buttered bread crumbs. Bake in slow oven (250° F.) long enough to set eggs and brown lightly.



POTATOES, SWEET, CANDIED

-42-

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Potatoes, sweet	12	25	50
Sugar	1 1/2 cups	2 3/4 cups	5 1/2 cups
Cornstarch	2 teaspoons	1 tablespoon	2 tablespoons
Water	3 1/2 cups	7 cups	7 pints

Method

1. Wash sweet potatoes and boil in jackets until tender.
2. Plunge into cold water to cool. Remove skins.
3. Cut in halves lengthwise and place in baking pans.
4. Mix sugar and cornstarch, add water and boil gently for 15 minutes.
5. Add butter and pour over sweet potatoes.
6. Bake at 350° F. for 30 minutes.

SPINACH

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Spinach, fresh	5 1/2 pounds	11 pounds	22 pounds
Butter	5 tablespoons	10 tablespoons	1 1/4 cups
Salt	1 teaspoon	1/2 tablespoon	1 tablespoon
Crisp bacon	6 slices	12 slices	24 slices
Eggs, hard boiled	3	6	12

Method

1. Wash and pick over spinach carefully.
2. Cook in water which clings to leaves until tender.
3. Fry bacon crisp. Chip and add salt, butter, chipped bacon to spinach just before it is taken from kettle.
4. Arrange in bowl and cover with thinly sliced eggs.

TURNIP GREENS

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Turnip Greens	4 pounds	8 pounds	16 pounds
Salt	1 teaspoon	2 teaspoons	1 tablespoon
Bacon fat	4 tablespoons	8 tablespoons	12 tablespoons

Method

1. Wash greens several times.
2. Put in pan and sprinkle with salt, cooking greens in only the water that clings to the leaves.
3. Cover with lid. Stir occasionally to prevent burning.
4. Cook 20 minutes, or only until tender.
5. Season with pepper and bacon fat and serve hot.

M I S C E L L A N E O U S

PLAIN PASTRY

<u>Ingredients</u>	<u>2 shells</u>	<u>4 shells</u>	<u>8 shells</u>
Flour	2 cups	1 pound	2 pounds
Lard or Vegetable Shortening	1/4 pound	1/2 pound	1 pound
Salt	1/2 teaspoon	1 teaspoon	2 teaspoons
Ice Water	1/4 to 1/3 cup	1/2 to 2/3 cup	1 to 1 1/3 cups

Method

1. Blend flour, shortening, salt and pat together lightly, using pastry blender or knife.
2. Add ice water a little at a time, distributing evenly through the mixture.
3. Avoid getting dough too wet and overhandling.
4. Divide pastry and roll out enough for one crust on a floured board.

NOTE: Deep dish puddings may be made by covering filling or lining pan with a layer of the plain pastry. No two crust pastries should be served.

SPAGHETTI

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Spaghetti	3/4 pound	1 1/2 pounds	3 pounds
Salt	1 teaspoon	1/2 tablespoon	1 tablespoon
Water, boiling	3 quarts	6 quarts	3 gallons

Method

1. Cook spaghetti in boiling, salted water until tender.
2. Drain. Run cold water over spaghetti.
3. Place in greased baking dish, covering meat balls.
4. Bake at 350° F. for 25-30 minutes, or until spaghetti is delicately browned and mixture thoroughly heated.

SPAGHETTI AND MACARONI ARE NOT MEAT ALTERNATES.

IT IS THE CHEESE OR OTHER PROTEIN FOODS COMBINED WITH THEM THAT
MAKES THE FOOD A MEAT ALTERNATE.



BOILED RICE

<u>Ingredients</u>	<u>12 Servings</u>	<u>25 Servings</u>	<u>50 Servings</u>
Rice	1 pound	2 pounds	4 pounds
Salt	1 tablespoon	2 tablespoons	4 tablespoons

Method

1. Wash rice thoroughly in several waters.
 2. Drain
 3. Cook in boiling, salted water. (Be careful to add rice slowly.)
 4. Boil from 12 - 25 minutes, or until rice is tender.
 5. Turn into a colander, drain and run cold water over it.
 - 6.
- NOTE: If rice is cooked in hard water, soften the water with vinegar or cream of tartar. (1/2 tablespoon vinegar per quart of water.)

NOTE: Use brown rice if at all possible since it contains valuable amounts of Vitamin B.

RICE POLISHINGS

Rice polishings, the by-product obtained in the milling operation of brushing the rice grain to polish the kernel, is an excellent source of Vitamin B₁, a good source of the other B vitamins, with the exception of riboflavin, and a valuable source of minerals.

Rice polishings make tender products and give characteristic flavor and color.

Uses of rice polishings:

1. In doughs, as biscuits, corn bread, pie crust, cookies, use less fat than in doughs made entirely of white flour.
2. In some cases, as in griddle cakes and muffins, excellent results are obtained with no added fat.
3. In meat loaf or hamburgers, add in the proportion of one cup rice polishing to one pound of ground meat.
4. Use for thickening in soups and stews.
5. Coat fish or steaks before frying.

If recipes using rice polishings are desired, the State Office of the Office of Distribution will advise as to where recipes may be secured.

INDEX

	<u>Page</u>
Type A School Lunch Menus and Recipes-----	1
Planning Menus Within Ration Food Allowances-----	2
First Week's Menu (And Ration Allowances)-----	3
Second Week's Menu (And Ration Allowances)-----	4
Third Week's Menu (And Ration Allowances)-----	5
Fourth Week's Menu (And Ration Allowances)-----	6
Conserving Food-----	7
Milk:	
Spiced Milk-----	8
Banana Milk Shake-----	8
Fruit Milk Shake-----	8
Tomato Milk Drink-----	8
Molasses Milk Drink-----	8
Breads:	
Biscuit Dough for Chicken Pie-----	9
Corn Bread-----	9
Southern Spoon Cornbread-----	10
Rolled Oat Muffins-----	10
Orange Muffins-----	11
Sally Lunn-----	11
Whole Wheat Drop Biscuits-----	12
Whole Wheat Muffins-----	12
Whole Wheat Raisin Muffins-----	13
Desserts:	
Baked Apples-----	13
Chocolate Pudding-----	14
Cocoanut Custard Pie-----	14
Baked Custard-----	15
Lemon Oatmeal Cookies-----	15
Plain Cake Squares-----	16
Fruit Snacks-----	16
Filling for Fruit Snacks-----	17
Fresh Fruit Cobbler-----	17
Grapefruit and Orange Cup-----	18
Stewed Prunes-----	18
Prune Brown Betty-----	18
Prune Rice Custard-----	19
Meats:	
Braised Liver-----	20
Meat Balls-----	20
Pork Chops-----	21
Spareribs and Sauerkraut-----	21
Sliced Tongue-----	21
Chicken and Rice Casserole-----	22
Scalloped Chicken and Vegetables-----	22
Chicken Pie-----	23

Meats, Continued:	Page
Tamale Pie-----	23
Fish Loaf-----	24
Scalloped Salmon and Peas-----	24
Meat Alternates:	
Baked Lima Beans-----	25
Baked Navy Beans-----	25
Cowpuncher Beans-----	26
Red Kidney Beans with Bacon-----	26
Peanut Burgers-----	27
Eggs Baked in Mashed Potatoes-----	27
Scalloped Eggs-----	28
Stuffed Eggs-----	28
Cheese and Macaroni-----	29
Creole Spaghetti-----	29
Salads:	
Apple, Carrot, and Raisin Salad-----	30
Cooked Dressing-----	30
Cabbage and Apple Salad-----	31
Carrot and Raisin Salad-----	31
Cole Slaw-----	31
Congeaed Vegetable and Fruit Salad-----	32
Grapefruit and Orange Salad-----	32
Green Spinach Salad-----	33
Mixed Green Salad-----	33
French Dressing-----	34
Sauces:	
Apple Sauce-----	35
Cheese Sauce-----	35
Tomato Sauce-----	36
White Sauce, Medium-----	36
Milk Gravy-----	36
Vegetables:	
Beans, Fresh Green-----	37
Cabbage, Boiled, With Cheese Sauce-----	37
Carrots, Buttered-----	38
Carrot Strips-----	38
Potatoes, Baked-----	38
Potatoes, Creamed-----	39
Potatoes, Mashed-----	39
Potato Salad, Cold-----	40
Potato Salad, Hot-----	40
Potatoes, Scalloped-----	41
Potatoes, Stuffed-----	41
Potatoes, Sweet, Candied-----	42
Spinach-----	42
Turnip Greens-----	42
Miscellaneous:	
Plain Pastry-----	43
Spaghetti-----	43
Boiled Rice-----	44
Rice Polishings-----	44

